

CLB-3 DEPLOYED FAMILY READINESS NEWSLETTER



February 2011

COMMANDING OFFICER

LtCol Hank Lutz

EXECUTIVE OFFICER

Maj Jennifer Chancy

SERGEANT MAJOR

SgtMaj Angela Maness

H&S COMPANY

Capt Kevin Collins

SUPPORT COMPANY

CWO 4 Dan Fink

EMBEDDED PARTNERING TEAM

Capt Victor Kamantauskas

MT COMPANY A

Capt Everett Ledman

MT COMPANY B

Capt Matthew Neely

ENGINEER COMPANY

Capt Kevin Ritchie

FROM THE COMMANDING OFFICER

Dear friends and family,

The rains have finally arrived in Helmand Province, and with them, new challenges for our convoys and day-to-day operations here on Camp Dwyer. However, with the rain, we are also beginning to see warmer temperatures, and before too long, we will once again be in the triple digits. Operations continue to keep the Battalion busy, and whether it is traveling on a combat logistics patrol, improving roads, or repairing vehicles, all of the Marines and Sailors continue to make the most of each day.

As we get closer to redeployment, I am sure the excitement is building for the return of your Marine or Sailor, and with it, some apprehension as to how the reunion will go. I encourage you to take advantage of the resources provided by Marine Corps Community



LtCol Hank Lutz
Commanding Officer, CLB-3

Services and the Family Readiness Officers in Okinawa and Hawaii to reduce the stress associated with the return of the Battalion and the transition back to garrison life. We are all definitely looking forward to getting back.

Semper Fidelis,

LtCol Hank Lutz



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CONTACT INFORMATION

CLB-3 Family Readiness Officer

Jerome Morris

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FROM THE SERGEANT MAJOR

Aloha again friends and family,

Thank you all for participating and being proactive with all the events that our Family Readiness Officer (FRO) has put together. Most recently, we received a Valentine's Day video CD that the Hawaii families put together. Your CD was made available for all hands to enjoy on our share drive. The Marines and Sailors have told me that seeing their family and listening to their children say "I love and miss you" was the best part of their Valentine's Day. Very uplifting and just the "shot of motivation" the Marines and Sailors needed on that particular holiday.

As expected, the month of February has flown by. We have experienced "the rainy season" and it has presented a new appreciation for the Afghan dry desert. Your Marines and Sailors would not allow "Mother Nature" to get the best of them so they kept true to their deliveries and remained on schedule. I cannot express how grateful I am of the dedication that each Marine and Sailor demonstrates on a daily basis. They continue to put mission accomplishment first and never looked back.

Thank you (all) for setting the standard (and the bar) high for the battalion that will replace us.

As we enter the month of March, the meetings and planning phase of redeployment back to the United States is beginning to intensify. We are very excited about returning but still have much to do and we must stay focused so that complacency does not set in. I am sure many of you all are wondering what "exact" day and time we are returning. Everything to this point is "projected" date and times; nothing is set in stone as of right now. I say this to dispel any assumptions or rumors of our return. What I can say is our "projected" return time frame will be in the later part of April.

The *proper* information flow will be from the Commanding Officer to the FRO and then to you. Please be patient and continue to provide the love and support that you have been providing. As always, thanks again for the continuous support you have given us for the past 4-months. We look forward to our return home and spending the summer vacation with family and friends.



SgtMaj Maness
Sergeant Major, CLB-3

As I said earlier in the newsletter, we are anxious to make our final runs and plans for our Relief in Place and our Transfer of Authority because those events begin the ending part of this chapter of our deployed life. As always, thank you for your inspirational support as we get closer and closer to the finish line.

Semper Fidelis,

SgtMaj Angela M. Maness



HEADQUARTERS AND SERVICE COMPANY

To the Families and Friends of Headquarters and Service Company,

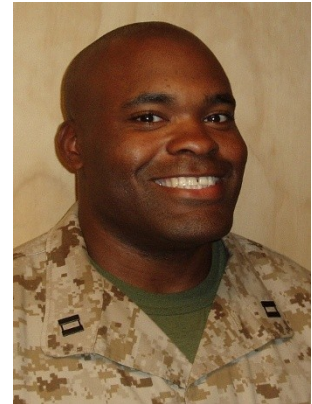
First of all, thanks for the continuous support thus far. Your Marines and Sailors are in their count-down mode marking their calendars day by day for completion. As the Battalion approaches finalization planning in reference to moving into transit tents, the warm feeling of going home gets closer and closer. Each section is working even harder to set up the next unit for success. Your Marines and Sailors are not only conducting business in their sections, but are going far and beyond in assisting other companies in completing their mission.

We also can take the time to congratulate your Marines and Sailor who were promoted this month: Cpl Jaime R. Ortega, Cpl Timothy A. Hill Jr, and Cpl Ramiro Gonzalez. Also to our Corporal's Course graduates Cpl Zachary D. Moore and Cpl Royce A. Williams. Cpl Williams was nominated for the "Gung Ho" Award recipient.

Semper Fidelis,

Capt. Kevin Collins, Company Commander

1stSgt Alexander Lamberth, Company First Sergeant



Capt. Collins
H&S Co. Commander



1st Sgt Lamberth
H&S Co. 1stSgt



SUPPORT COMPANY

Dear Family and Friends of Support Company,

We are over 2/3 complete with the deployment and the Marines of Support Company continue to meet their goals time and time again. We have also managed to squeeze in some other activities such as the Marine Corps Martial Arts Program and Professional Military Education without sacrificing the mission. With the sense of accomplishment, their motivation levels have remained high. We attribute a big part of that to the love and support of family and friends and we thank you for that.

We have many Marines to congratulate this month! Two Marines were promoted to Sergeant: Rodney Kelley and Kevin Rodriguez. Our Corporal's Course graduates were Catriona Fox and Brandon Smith. Cpl Fox was the class honor graduate among 52 of her peers. Completing the Leading Marines Seminar were Lance Corporals' William Alvord, Steven Stolz, John Gutierrez, and Jaired Ater. Three Marines were awarded Certificates of Commendation: LCpl Stolz, Cpl Fox, and Sgt Flowers. Five Marines received Letters of Appreciation: LCpl Byers, LCpl Cervantes, LCpl Vidal, LCpl Navarro, and Cpl Kvam. Finally, congrats to our three newly naturalized U.S. citizens: Cpl Pardede, LCpl HenriquezSantana, and LCpl Navarro. Take care and we'll see you in a couple months.

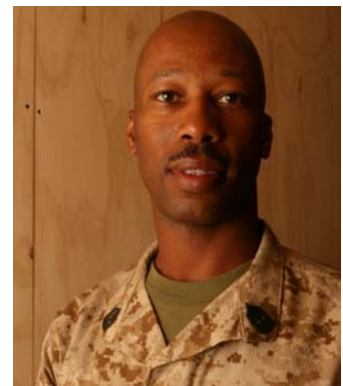
Semper Fidelis,

CWO4 Daniel Fink, Company Commander

1stSgt Chester Wilson III, Company First Sergeant



CWO4 Fink
Support Co. Commander



1stSgt Wilson
Support Co. 1stSgt



EMBEDDED PARTNERING TEAM

Aloha & Konichi Wa Family and Friends,

As another month passes, we continue to push forward with our task at hand. The ANA continue to surpass our expectations in the field and garrison; although they can be “high maintenance” from time to time.

The Marines and Sailors are doing a phenomenal job with the Kandak and are in high spirits, although they continue to look forward to our transition back to garrison life and with their loved ones. They are also spending most of their spare time in the gym.

We would also like to congratulate Gunnery Sergeant Stamas on his recent promotion and HM3 Hickox and HN Farrell on their qualification for the Fleet Marine Force Warfare Pin. Congratulations and a job well done. Thank you for your continued support, see you in a few months.

Semper Fidelis,

Capt. Tom Kamantauskas, Embedded Partnering Team OIC &

1stSgt William J. Banks, Embedded Partnering Team, Senior Enlisted Mentor



***Capt Kamantauskas
EPT Officer In Charge***



***1stSgt Banks
EPT Senior Enlisted Mentor***



MOTOR TRANSPORT ALPHA COMPANY

Aloha Family and Friends,

Wow! February has come and gone! Although we are another month closer to be home with you, our family and friends, the Marines and Sailors are as focused as they have ever been because they know we still have a mission to accomplish. This past month your loved ones got to experience the seasonal rains that added a new layer of complexity to their combat logistics patrols. The mud that resulted from the seasonal rains is something that these Marines and Sailors will not soon forget! As always, they improvised, adapted and overcame the obstacles in their way to successfully accomplish their assigned missions. I couldn't be more proud of them.

I would like to congratulate Sergeant Jimmy Johnson and his wife Tina as they have welcomed a healthy baby girl, Peyton, into their family on February 8th. As our time starts to come to an end here in Afghanistan please do not stop showing your support for your loved ones as they will continue to need it even as we sprint across the finish line. And believe me, it will be a sprint. Thank you again for everything you've done so far!!!

Here is a story about both Motor Transport Companies in Afghanistan:

<http://www.mcbh.usmc.mil/news/feb11arch.htm>

Mahalo!

Capt Everett Ledman



Capt Ledman
MT Alpha Co. Com-



1stSgt Molina
MT Alpha Co. 1stSgt



MOTOR TRANSPORT BRAVO COMPANY

Greetings Friends and Family of Bravo Company,

I would like to start off by congratulating our newest Noncommissioned Officer, Corporal Milby, on his promotion. Your love ones have been spending their spare time working on courses from the Marine Corps Institute (MCI), so we should be seeing some more promotions in the near future. Also, HM3 “Doc” Brown recently earned his Fleet Marine Force pin; a prestigious honor for our Navy Corpsman that serve with Marine Corps units in every climb and place.

The company has continued to support missions throughout southern Afghanistan, and is doing very well. We recently have been subjected to the seasonal desert rains, so next month you can expect the pictures to be a bit unusual with the abundance of water in the area. This has caused some frustration, but nothing your Marines can’t handle. Though the Marines and Sailors are focused on the mission, planning has begun for the return home. In less than two months your loved ones will be headed back to Hawaii and Japan. However, until we land on our home base, we will keep on our “A game.” Thank you for your support!

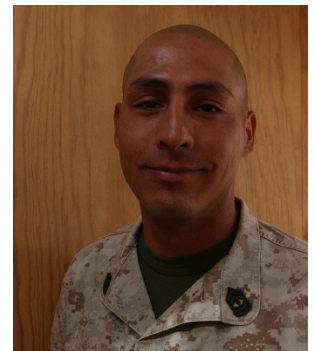
Semper Fidelis,

Captain Matthew Neely

Motor Transport Bravo Company Commander



Capt Neely
MT Bravo Co. Commander



1stSgt Palos
MT Bravo Co. 1stSgt



ENGINEER COMPANY

To the Families and Friends of Engineer Company,

February, the shortest month of our seven month deployment, has passed quickly. Not only was it the shortest month, it was the last month before we start seeing and working with the unit that will replace us. There are only a few milestones left, the football season is over, and many of us can tell you how many days we have remaining. We have already started the detailed process of planning the redeployment, with the ultimate goal being every Marine or Sailor taken care of all the way through the return to their parent commands. Many are researching their leave plans in their free time with the intent of heading home sometime in mid-spring.

Engineer Company still has a few more planned operations on the agenda. The knowledge and proficiency of our team has grown exponentially since we arrived in October of last year, and the Marines and Sailors are a well-oiled machine at this point. As was done for us when we got here by the unit we replaced, we will remain fully committed to finishing our job and preparing our counterparts for success by passing on all the lessons we have learned. Only a couple newsletters left, then we are off.



Capt Ritchie
Engineer Co. Commander



1stSgt Studley
Engineer Co. 1stSgt



FROM THE CHAPLAIN



**Lt. Rector (USN)
Chaplain**

I have this reoccurring dream, I guess you could call it a nightmare; in my dream, I get a call from Western Kentucky University telling me they made a mistake when they gave me my degree. It's always the same story, I signed up for a class, but never attended the class, therefore, I had failed the class and they want my diploma back. When I wake up I feel horrible, because a part of me thinks it could be possible. If Freud were alive today, I'm sure he'd have a hey-day with this one.

But I don't need Freud to tell me why I have this dream. Over time, I've figured it out; I have the dream when I become too anxious. In other words, I am worrying too much, and usually about things I shouldn't be worried about.

The word *Anxious* comes from the Greek word *merimna*, which comes from the verb *merizo*. This term means "to distract, to divide, to draw in different directions." This is exactly what anxiety, or too much worry does too many of us. "*Merizo* expresses a strong feeling for something or someone, often to the point of being burdened." The etymology of the word "worry" is traced back to

a German word *wurgen*, which means "to strangle." Look up the word "worry" in Webster's and you find, "to harass by tearing, biting, or snapping especially at the throat; to subject to persistent or nagging attention or effort; to afflict with mental distress or agitation." (Merriam-Webster's Collegiate Dictionary, 10th ed.) Ever notice that when you are worrying or anxious about something your throat feels tighter?

There is legitimacy to having some worries or anxiety. It is normal to worry about your spouse that is deployed to Afghanistan, or to worry about your spouse that is at home caring for the children and the household while you are deployed. However, just as in anything, it can be taken too far, especially when it begins to dominate our lives and we lose our perspective. A good clue, other than a recurring nightmare, is when we realize we are worrying about things that we have no control over. From a spiritual aspect, worry is wrong thinking (the mind) and wrong feeling (the heart) about circumstances, people, and things. Ultimately, it is the greatest thief of our hope and joy.

Now for the big question, how do we keep from having too much anxiety? Give it to God. Psalm 55:22 tells us, "Cast your cares on the Lord and he will sustain you; he will never let the righteous fall." (NIV) 1 Peter 5:7 reiterates this, "Cast your anxiety on him, because he cares for you." (NIV) In fact, it is these burdens that can help our faith grow, because they give us a reason to exercise those sometimes atrophied faith muscles. Our worries can teach us how to trust God and live one day at a time. It doesn't say that God will then keep us from problems all the time, but God will build your character through them when we learn to give them to him.

What are you overly worried about and what is your signal that it's too much? Mine is a dream. May we take Jesus' words to heart and have it serve as our daily reminder, "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Who of you by worrying can add a single hour to his life?" (Matthew 6:25, 27 NIV)

"Worms eat you when you're dead; worries eat you when you're alive." (Jewish Proverb)

PHOTOS



PHOTOS

